

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1 WEEK OF March 7<sup>th</sup>



Week of Champions (Tournament Week)

oday is w	9:30-10:15  Morning Assembly Studio  Vear your FA 9:30-10:15  Human Bowling Gym 1  Vear your 9:00-10:00  Group 1 P	Soccer Gym 1  AVORITE TE 10:15-11:00  Make Your Own Trading Card Art Room  BLUE SHIRT 10:00-10:30  Pick-up from site ertoma Arts Cen 9:30-10:30	UNO® Too Stu  EAM Day. Ma  11:00-  Matching® T  Stu  TS. Participar  10:30-11:00  @ 9:00am	urnament dio  atching® and 12:00  ournament dio  tts K-2 will be 11:00-12:00	12:00-12:30  Lunch  Connect 4 <sup>®</sup> 7 12:00-12:30  Lunch	12:30-1:00  Rest Time  Fournaments 12:30-1:00  Rest Time	and Sorry® T  1:00-1:30  Bombardment Gym 1  Today.  1:00- Connect 4®  9:00am. Ro 1:00-1:30	1:30-2:15  Dog and Bone Studio	2:15 Sorry® To Stu  2:15-2:45  Parachute Games Gym 1	-3:15  Durnament udio  2:45-3:15  Line Tag Gym 1  nament Toda  2:45-3:15	
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nack/	. Se	ertoma Arts Cen 9:30-10:30						1.00 2.10	1	1	3:15-6:
PG	Retu	irn to Site @ 11: Group 2 Pic		Dodgeball Gym 1	Lunch	Rest Time	Rock, Paper, Scissors Tournament	Run the Canyon Gym 1	Fruit Salad Art Room	Chief Studio	Join Afi Schoo
	Dodgeball Gym 1	Se	ertoma Arts Cent 10:30-11:30 rn to Site @ 12:0	er				<i>2.</i> j			
: Please v	wear your <b>B</b>	BLUE SHIRTS	S. Cornhole	Tournament	today!						
0-9:30	j				12:00-12:30	12:30-1:00	1:00-	2:15	2:15-2:45	2:45-3:15	3:15-6:
nack/ PG		9:30-12:00  Pick-up from site @ 9:30am Triangle Rock Club 10:00-11:30 Return to Site @ 12:00pm			Lunch	Rest Time			Catch-Up Gym 1	Hangman Art Room	Join Af Schoo
day is H <i>A</i>	AT DAY. M	adden 2016	Tournament	on PS4 toda	<b>/</b> .				•		
0-9:30	-	9:30-11:30		11:30-12:00	12:00-12:30	12:30-1:00	1:00-	2:15	2:15	-3:15	3:15-6:
nack/ PG	Madd	den 2016 Tourna	ament	Playground	Lunch	Rest Time	Time Nature Walk		Awards Ceremony		Join Af Schoo
d 0-	ay is HA	ay is HAT DAY. M	ay is HAT DAY. Madden 2016 9:30 9:30-11:30  Madden 2016 Tourner	ay is HAT DAY. Madden 2016 Tournament  9:30  Madden 2016 Tournament	Triangle Rock Club   10:00-11:30   Return to Site @ 12:00pm	Ck/   Triangle Rock Club   10:00-11:30   Return to Site @ 12:00pm   Lunch	Ck/   Triangle Rock Club   Lunch   Rest Time	Ck/   Triangle Rock Club   Lunch   Rest Time   Cornhole T   Gyr	Cornhole Tournament   Cornhole Tournament   Cornhole Tournament   Gym 1	Catch-Up   Cornhole Tournament   Catch-Up   Gym 1   Cornhole Tournament   Catch-Up   Gym 1   Catch-Up   Catch-Up   Gym 1   Catch-Up   Catc	Triangle Rock Club 10:00-11:30 Return to Site @ 12:00pm  Lunch Rest Time Cornhole Tournament Gym 1  Catch-Up Gym 1  Hangman Art Room  Rest Time  Art Room  Art Room  Rest Time  Nature Walk  Awards Ceremony



# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1 WEEK OF March 14<sup>th</sup> St. Patrick's Day Week



7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Art Room/ Gym 2	Snack/ PG	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Lake Lynn Tournament Bracket	Catch the Leprechaun Gym 1	Lunch	Rest Time	Ultimate Knockout Gym 1	How to catch a Leprechaun Art Room	Good Morning Mr. Leprechaun Studio	Human Bowling Gym 1	Join After School

#### Tuesday, March 15th: Today is PAJAMA DAY, so wear your favorite Pajamas! We are hoping to have someone come out and teach the kids an Irish Dance.

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		7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
		Choice Play Art Room/ Gym 2	Snack/ PG	Leprechaun Invasion Gym 1	Jailbreak Dodgeball Gym 1	Lucky Leprechaun Munch Art Room	T-Ball Outside or Gym 1	Lunch	Rest Time	Leprechaun Relays Gym 1	Soccer Gym 2	Intro to Irish Dance Studio	King of the Jungle Meeting Room	Join After School

#### Wednesday, March 16th: Please bring a bathing suit and towel and a bag for your clothes. We will get dressed at the Aquatic Center before returning to Lake Lynn.

7:00-9:00	9:00-9:15	9:15-9:45	9:45-12:50	12:50-1:15	1:15-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Meeting Room / Gym 2	Snack/ PG	Get Dressed/ Bathroom/ Water	Pick up from site @ 9:45am Buffalo Rd. Aquatic Center 10:15-12:00 Return to Site @ 12:50pm	Lunch	Rest Time Studio	Shamrock Slime Outside	Playground	Join After School

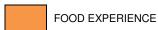
#### Thursday, March 17th: It's St. Patrick's Day! Wear GREEN today.

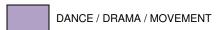
7:00-8:45	8:45-9:00	9:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Meeting Room / Gym 2	Snack	Pick up from site @ 9:00am Raleigh Little Theater 9:30-11:30 Return to Site @ 12:00pm	Lunch	Rest Time	Smugglers Gym 1	Leprechaun Masks Art Room	Down, Down, Down Gym 1	iPads and Board Games Meeting Room	Join After School

#### Friday, March 18th: We will be having a scavenger hunt today!

7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-2:45	2:45-3:15	3:15-6:30
Choice Play Meeting Room / Gym 2	Snack/ PG	Playground Tag	Pot of Gold Rainbow Chains Art Room	Capture the Flag Gym 1	Lunch	Rest Time	Leprechaun Scavenger Hunt Lake Lynn	SPUD Gym 1	Join After School

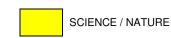














# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1 WEEK OF March 21<sup>st</sup> Jump into Spring Week



Monday, March 21st: Welcome to Jump Into Spring Week!

7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Art Room/ Gym 2	Snack/ PG	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Handball Gym 1	Lunch	Rest Time	Ants on a Log Art Room	Guard the Castle Gym 1	The "B" Game Meeting Room	Apples to Apples Meeting Room	Join After School

Tuesday, March 22nd: Don't forget your BLUE SHIRTS! Participants will receive a drink and popcorn at the movie.

7:00-8:00	8:00-8:30	8:30-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Art Room/ Gym 2	Snack	Pick up from site @ 8:30am Six Forks Station Cinema 9:00-11:00 Return to Site @ 11:30am	Houdini Hoops Gym 1	Lunch	Rest Time	Nature Scavenger Hunt	Whoosh Meeting Room	Circle Run Gym 1	Join After School

Wednesday, March 23rd: Today is CRAZY HAIR DAY. How crazy can you make your hair?

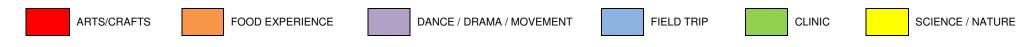
7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
Choice Play Art Room/ Gym 2	Snack/ PG	Blob Gym 1	Lighthouse Meeting Room	Flower Sun Catchers Art Room	Monkey Ball Gym 1	Lunch	Rest Time	Plant Cycle Art Room	See Ya Later Alligator Gym 1	Museum Studio	Wickle Ball Gym 1	Join After School

Thursday, March 24th: Today is WACKY OUTFIT DAY. Wear the wackiest looking outfit you can think of! We will also be having Electronics Day.

7:00-9:00	9:00-9:30	9:30-10:15	10:15-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-3:15	3:15-6:30
Choice Play Art Room/ Gym 2	Snack/ PG	Obstacle Course Gym 1	Plant a Flower Outside	Name That Tune Meeting Rom	Lunch	Rest Time	The Life of a Plant Studio	Electronics Time Meeting Room	Join After School

Friday, March 25th: Program will be closed for the Holiday.

## Holiday – No Program



# Lake Lynn Track Out

# Track 1 - Week 1- Tournament Week



# **Field Trip Information and More!**

#### **Sertoma Art Center**

1400 W Millbrook Rd, Raleigh, NC 27612 919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

#### **Triangle Rock Club**

6022 Duraleigh Road, Raleigh, NC 27612 919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses).

This trip will require a waiver to be signed by each child's parent/guardian.

\*We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

## **Reminders**

#### **Bring daily**

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

\*Tuesday is Wear your Favorite Team Day!! \*Friday is HAT DAY!

\*We will be holding mini tournaments all week long.

#### Science/Nature:

-Nature Walk

#### **Arts & Crafts:**

-Make Your Own Trading Card

#### **Food Experience:**

-Fruit Salad

\*Remember pink & white Key Tag and/or Photo ID when picking up participants\*



Lake Lynn Track Out X-Press 919-870-2904

Director: Brad Foster



# Lake Lynn Track Out Track 1 - Week 2— St. Patrick's Day Week



# **Field Trip Information and More!**

#### **Buffaloe Road Aquatic Center**

5908 Buffaloe Road, Raleigh, NC 27616 919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility!

#### **Raleigh Little Theater**

301 Pogue Street, Raleigh, NC 27607 919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

\*We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

## **Reminders**

#### **Bring daily**

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

\*Tuesday is Pajama Day!

\*Thursday is Wear Green Day!

#### **Field Trips**

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Swimsuit and Towel for the pool

#### Science/Nature:

-Shamrock Slime

#### **Arts & Crafts:**

- -Leprechaun Masks
- -Pot of Gold Rainbow Chains

#### **Food Experience:**

-Lucky Leprechaun Munch

#### Drama:

-Intro to Irish Dance

#### Clinic:

-How to catch a Leprechaun

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants.\*



Lake Lynn Track Out X-Press 919-870-2904

Director: Brad Foster



# Lake Lynn Track Out

# Track 1 – Week 3 – Jump into Spring Week



# **Field Trip Information and More!**

#### **Six Forks Station Cinemas**

9500 Forum Drive, Raleigh, NC 27615 919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

\*There will be no program on Friday March 25th for the Holiday.

### Reminders

#### **Bring daily**

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

#### **Field Trips**

- Wear blue field trip shirt
- No additional money is needed for any field trips
- \*Wednesday is Crazy Hair Day!
- \*Thursday is Wacky Outfit
  Day!

#### Science/Nature:

-Scavenger Hunt

#### **Arts & Crafts:**

- -Flower Sun Catchers
- -Plant a Flower

#### **Food Experience:**

-Ants on a Log

#### Drama:

-Life of a Plant

#### Clinic:

-Plant Cycle

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants\*



Lake Lynn Track Out X-Press 919-870-2904

Director: Brad Foster

